

Diabetes is a chronic disease which has increased in prevalence in recent years and is now considered a worldwide pandemic. The consequences of this pandemic are evident in Los Angeles County. Since 1997, diabetes has been one of the top 10 leading causes of death; since 1999, it has been a top leading cause of premature death (before age 75). Diabetes is also one of the most costly medical conditions to treat. In Los Angeles County, the direct medical costs of diabetes are estimated to be \$6 billion per year.

In 2011, the age-adjusted percentage of adults with Type 2 diabetes in Los Angeles County increased to 9.9%—a 50% increase from 1997. Fortunately, the majority of Type 2 diabetes cases are preventable. Educating the public about lifestyle interventions such as improved diet and exercise is critical to combating this growing disease.

In response to this pandemic, the American Diabetes Association will host their annual Diabetes EXPO on Saturday, May 4<sup>th</sup> at the Los Angeles Convention Center. The Diabetes EXPO is a free, one-day program that provides education and information about diabetes prevention and treatment, healthy eating and active living to successfully manage diabetes and its devastating complications. The Diabetes EXPO will offer a comprehensive array of diabetes-related products, services and information, including

MOTION

Molina \_\_\_\_\_

Yaroslavsky \_\_\_\_\_

Knabe \_\_\_\_\_

Antonovich \_\_\_\_\_

Ridley-Thomas \_\_\_\_\_

free health screenings, individual consultations with medical professionals, weight-loss workshops, healthy cooking demonstrations, exercise and dance classes, exhibits, educational lectures, a family fun zone, free food and product samples, and much more. The Diabetes EXPO teaches participants how to live a healthy life, utilizing the latest information on preventing and managing diabetes and its deadly complications, to promote a happier and healthier community for everyone.

**I, THEREFORE, MOVE** that the Board of Supervisors direct the Department of Human Resources, the Department of Health Services, and the Department of Public Health to promote awareness amongst County staff and residents about the upcoming Diabetes EXPO, and that all residents are urged to become educated about diabetes and how they can prevent it and properly manage its occurrence.

SJR/yl